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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
SEPTEMBER 1, 1937 (WEDNESDAY)

WASHINGTON, D. C.

*Publication*  
*Form 1*  
THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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THE ART OF PICNICKING

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Labor Day's a-coming--the last big holiday of the summer picnic season. In the country, on the beach, swarming over city parks will be thousands of families seeking one day's reprieve from work-a-day responsibility. Wherever they go, however they amuse themselves, they'll be looking forward to food.

And they'll get it. Gallons of lemonade, buns by the dozen lots, and potato salad by the peck will be spread out for their consumption. Yes, it'll be a real labor day for the stomachs of the picnickers unless the family cook makes plans to have a well-balanced satisfying meal. A little forethought will save much last minute preparation and allow her to enjoy the holiday as well.

Of course, impromptu picnics are fun--up to a certain point. But somehow it's difficult to remain gay and inspired when the tomatoes need salt and the coffee has to be taken black.

What will the menu be? That depends on numerous things, the kind of persons going, how far the food must be transported, the cooking equipment available, the temperature and activities of the day.

It's a good idea to determine first where the picnic's to be. Then you can scout around and find if there is good water and whether there are stoves for cooking.



Then with the available equipment in mind it's simpler to plan the menu. And the world is so full of a number of things including possible picnic dishes that it's a shame to include potato salad and fried chicken every time--good as they are.

Remember your family's food favorites, but don't hesitate to try a new dish if the preparation is fairly simple. Of course there's no point in fixing a complicated combination of rare flavors to take along. It won't taste any better to the hungry picnicker than good hamburger steak. If possible have at least one hot dish. It makes the meal more satisfying than all-cold food.

Time was when the women of the family worked days ahead of time making cakes, pies, sandwich fillings, and bean salad to take to the picnic. Then when the big day came, they were up early, scurrying around packing baskets, making coffee to put in vacuum bottles, and wearing themselves out in numerous other ways.

Then loaded in the family automobile they were off! Off for an hour or two of aimless cruising to find a place to alight and spread out the food.

Nowadays most families like to cook at least part of their food at the place where it is to be eaten. Half the fun of modern picnics is preparing the food, so why rob anyone of the pleasure?

If you can plan the menu so that each person will have some responsibility so much the better. Remember, too, that you should include the same food elements in your picnic dinner that you have in your corresponding meal at home. Bread and cookies are easy to transport but so are certain fruits and vegetables.

Keep in mind that if some members of the party are going in swimming they should have easily digested food. Try to get some fresh vegetables. You might





make it daughter's responsibility to prepare a salad bowl for the dinner. Suggest to her that she take along lettuce, watercress, endive, tomatoes, avocados, cucumbers, little bits of cheese or whatever combination of these she wants in her salad.

She can clean and pack them to take along, then cut and combine them when she gets to the picnic. Son would probably feel flattered to take care of assembling a cheese tray or seeing to it that the individual ice cream cups are on hand and well packed.

Let the man of the house have charge of the meat. He's probably had a desire to prepare one of his old camping favorites for a long time. If he has no such special one let him fry hamburger steaks. They'll be practically foolproof and father will enjoy feeling useful.

Of course, you'll want to take care of the coffee yourself. So far as I know, there has never been any simpler way to prepare it outdoors than the boiling-water-and-the-cheesecloth-bag-full-of-coffee method. You've probably made it at community dinners. Put the coffee in a cheesecloth bag with a long string on it and allow plenty of room for expansion of the coffee as it absorbs water.

The standard proportion for coffee is 1 heaping tablespoon to 1 cup water, but you'll probably want it stronger on the picnic. Have the water boiling. Then put in the coffee bag. Put on a cooler place on the stove where the water won't boil but will remain hot. Then let it stand until it reaches the strength you prefer.

So much for the division of picnic labor. Here are some ideas for fixing food other than the ones mentioned.

If you don't care for a salad bowl, a selection of cucumber sticks, finger lengths of carrots, celery hearts, radishes, young onions, olives and pickles will serve the same purpose. Prepare the vegetables at home then pack in a glass jar with ice to keep them crisp.





Are there children in the family? Then be sure to take along their usual portion of milk. It's "business as usual" for their bones and muscles and they'll need milk more than any picnic fare you can prepare.

Don't take uncooked meat to your picnic unless you have facilities for keeping it cold--as cold as it would be in your refrigerator at home.

Even if you don't cook anything but the meat at home, there's a lot to be done beforehand to make the picnic go smoothly. Some people butter the rolls at home. Nearly everyone makes lists of things to be done. Put down on this list even such obvious things as salt, pepper, sugar, cream, napkins, paring knives, or anything else you'll need.

If it is absolutely necessary that foods be prepared ahead of time make the menu simple as possible. Have very few dishes--casserole dishes are perfect for this purpose. Scalloped potatoes will keep hot enough to eat if taken out of the oven just before you go.

If you're going only a short distance, try this. Fry thinly sliced ham. Take it out of the skillet while it's still hot and put in a casserole. Close tightly and forget about it until time to serve. It's delicious eaten with a fork or in buns.

Individual cups of ice cream packed in dry ice, cup cakes, or a pie are the least troublesome desserts. Or you may combine several sliced or cubed raw fruits. Keep them chilled on the way, then serve in individual cups. Raw fruits washed carefully before packing are good, too.

There are other tricks for making picnics less bother and more fun. Maybe you have some special dish for which you are famous such as broiled steaks or corn roasted with the husks on. Or maybe yours is one of those families that goes on so many picnics it is no bother at all.

Having picnics can be a pleasant way to forget the world or they may be just dutiful but painful observances of some special holiday. It depends a lot on the food.



# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
SEPTEMBER 8, 1937 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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QUINCE AND OTHER FALL PRESERVES

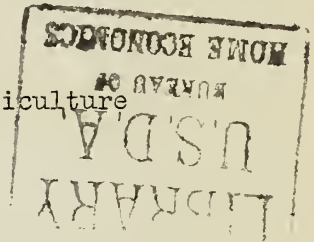
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It must have been a cook with the genius of an Edison who first dared to make quince preserves. Who else would have imagined that this hard, dry, greenish fruit would, when preserved, be transformed into a delicious reddish amber substance with a delightful flavor? And who but a genius with equal imaginative powers could have conceived the idea of making preserves from watermelon rind?

Doubtless these two unknown pioneers met the fate of other persons who undertake extraordinary projects and are regarded as a bit queer. Were they alive today, however, they would have the satisfaction of pointing with pride to the jars and jars of watermelon and quince preserves which women the nation over put up every year.

These women have found that the very solidity of the quince and the watermelon rind is a point in their favor when it comes to making preserves. One of the first requirements of any fruit that is to undergo this form of sugar preservation is that it be able to retain its shape throughout the cooking process.

In the ideal preserves the fruit should be whole or in fairly large pieces. These pieces should be clear and tender without being either soft or mushy and should have their characteristic fruit flavor and color. The fruit should be surrounded by a thick sirup or a jellied juice.





Clingstone peaches, yellow tomatoes, crabapples, and Kieffer pears--all available in the early fall--also are excellent for use in preserves. Many of these fruits are grown in the family orchard or garden. Some of the pears and quinces might even go to waste otherwise.

Scientists of the Bureau of Home Economics have been experimenting with sugar preservation of fruit for several years. They have found that although each different fruit must be treated individually, there are certain general rules that apply to all fruits to be preserved.

Firm-ripe rather than soft-ripe is the best stage of fruit for preserving. If cooked whole, the fruit should be uniform in sizes. If cut into pieces, these should be uniform. If all are approximately the same size they will cook in the same length of time. In addition, the finished preserve will be more attractive.

"Weigh your ingredients", say these experts. A pint of prepared fruit may vary in content with the shape and size of the pieces of fruit, the way the fruit is packed in the measuring cup and with fruits of different pickings. But a pound is always a pound and a more dependable standard to use in getting correct proportions.

In home preserving it is preferable to cook small portions of fruit at a time. About 6 or 8 pounds make a satisfactory amount. This smaller quantity is more easily handled, more quickly and evenly cooked throughout than an unwieldy larger amount.

In the process of preserving, the natural juices of the fruit are gradually withdrawn. The fruit absorbs some of the sugar sirup in which it cooked to replace the juice lost. If the sugar solution is too concentrated at the start it toughens the fruit.





Preserves require strict attention while they are cooking. They must be stirred enough to prevent them from burning and they must not be overcooked. Overcooking often carmelizes the sugar and causes undesirable flavor and color changes in the fruit.

When the fruit has cooked sufficiently, put it into sterilized glass jars. Fill the jars  $3/4$  full of the cooked fruit then add enough of the sirup to completely fill the jar. Seal while hot.

These are the general directions which apply to all fruits. But some fruits require special methods of handling. The quince, for instance, is exceptionally firm. In the past cooks have subjected this fruit to steaming or parboiling before they preserved it. Naturally in this precooking much of the natural flavor of the fruit leaches out.

Scientists experimenting with making quince preserves have found a way to soften the fruit and still keep most of its natural flavor. They put the pieces of quince into the sirup at the first of the preserving process. But this sirup is very thin.

As the sirup gradually thickens the quinces become softer, the natural juices of the fruit go into the sirup, and none of the flavor is lost down the drain with water used in precooking.

In making quince preserves, allow the fruit to ripen until it is yellow. Wash the fruit, pare, cut into quarters and core. To each pound of prepared fruit use  $1-3/4$  cups of water and  $3/4$  pound of sugar. Dissolve the sugar in the water and boil for 5 minutes.

Add the fruit and boil slowly for 1 to  $1-1/2$  hours. Stir occasionally to prevent burning. As soon as the fruit becomes tender and of a clear reddish color and the sirup reaches the jelly stage, pour into hot sterilized jars and seal.





Peaches and pears are not so firm as quinces. It is better to combine them with sugar and let stand overnight to extract the natural fruit juices. Then next morning they may be cooked in their own juice with no added water.

Quinces, peaches and pears that have been peeled should never be allowed to stand exposed to the air. If it is impossible to cook them immediately after peeling let them stand in water containing 2 tablespoons each of salt and vinegar to the gallon.

About the nearest to the impossible feat of "making something from nothing" is the manufacture of preserves from watermelon rind. No matter how generous is the family appropriation for food there is still a thrill out of making an edible product out of what would otherwise be thrown away.

To make successful watermelon preserves use only the white and greenish white part of the melon. Cut off the outer skin and slice the rind into 1/2 or 1 inch cubes and weigh. Then crispen by letting them stand in a solution of limewater. For each pound of watermelon, prepare 1 quart of limewater containing 1 tablespoon of lime (calcium oxide). Let the melon stand in the limewater for 2-1/2 hours. Drain and place in clear water for 1 hour. Drain and boil for 1-1/2 hours in fresh water. Drain again.

To each pound of the watermelon, weighed before the limewater treatment, allow 2 quarts water, 1 pound sugar, 1/2 lemon thinly sliced, and if desired 1 small piece of ginger root. Boil the lemon for 5 minutes in 1/4 cup of the water. Boil the rest of the water with the sugar for 5 minutes to make a sirup. Add the watermelon and the ginger root to the sirup. Boil for about 1 hour. When the sirup thickens add the lemon and the water in which it was cooked. Continue to boil, stirring constantly, until the sirup is somewhat thick and the melon is clear. Pack at once into hot sterilized jars and seal.

When you make your supply of preserves be sure to anticipate all the uses to which they can be put. You'll want some to eat on crackers with cream cheese. A piece or two of quince preserves and a little of the jellied juice will taste good with pieces of pumpkin pie. A bit of yellow tomato preserves adds a lot to mild rice dishes. You'll want some such preserves as quince or peach to mold in your puddings.

And put up a few extra for Christmas gifts.



*Information*  
*Household*

# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
SEPTEMBER 15, 1937 (WEDNESDAY)

WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

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### GRAPES ARE PLENTIFUL THIS YEAR

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Vineland was the name more than once applied to sections of the New World by America's first settlers. Along the Atlantic coast grew wild native grapes in abundance. And the early colonists made repeated efforts to transplant to their adopted country the favorite grape varieties of the Old World.

It wasn't until the middle of the last century that native bunch grapes first were cultivated extensively for table stock. Shortly after that began domestic manufacture of raisins in California from grapes of European varieties. Then came the commercial production of grape juice, jelly, and conserve in the East.

Today, with a bumper 1937 grape crop on hand, the homemaker has a wide choice as to how she'll use it. She may make her selection from Eastern grapes or Western grapes, from red, black, blue, white, or greenish grapes. Which of the varieties she does buy will depend upon her local market supply and the purpose for which she wants the grapes. How many she buys depends upon her needs and the prices.

Prices probably will be lower this year than they were in 1936 according to estimators of the Bureau of Agricultural Economics. The crop will be nearly one-third greater than it was last year, in fact, it'll be the largest since 1928. But while the prices will be lower they will not be proportionately lower--that is, not so low as this big crop increase might seem to indicate, since consumer

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purchasing power is materially greater than it was a year ago.

There are three distinct types of grapes in the United States. In commercial shipping only two are important--Eastern grapes and California grapes. Eastern grapes are often called the native bunch grapes or the slipskins. The California grapes are also known as European or vinifera grapes.

The Muscadine grapes, grown along the southern coastal plain from East Texas to southern Virginia are of importance in their local areas. The white Scuppermong is the most extensively grown of this type. These Muscadine grapes, generally marketed locally, are suitable for table use or for making juice.

There is usually very little doubt in the shopper's mind whether she wants Eastern or Western grapes. The uses for these grapes, other than for table consumption, are as distinctly different as the grapes themselves.

The slip-skinned Eastern grape is best for jellies and juice. The California grape, which will not part with its skin, is best for making raisins and is widely used in wine-making. For eating raw, taste alone decides, if both types are in season and both reasonably priced.

Varieties of California grapes have been on the market since late June. Some of them will be available throughout December. Three of the four varieties grown most extensively are on the market now. These are the pale yellowish green Thompson Seedless, the red-skinned Flame Tokay and the Malaga. By the first of October, the Emperor, a red variety, will be obtainable.

These California varieties loom impressively large in production figures. According to statistics compiled by the Bureau of Agricultural Economics nearly ninety percent of all grapes commercially produced in the United States are from California.

However, production figures don't tell the whole story. They don't include the supplies harvested privately from backyard arbors in town and cities. They don't bring into account the wild grapes which make such delicious jelly. These





sources may be too insignificant to be considered commercially, but they are important to the woman who is buying the family food.

So the Eastern grapes are of more consequence than the approximate 10 per cent production shows. The largest percent of them are sold in September and October.

Most conspicuous of all these Eastern grapes is the Concord. Other important Eastern varieties are the white Niagara, the red Delaware and the purplish Worden and Moore Early.

Shopping for Eastern grapes is a comparatively simple task. Many are graded and shipped with a U.S. No.1 Table rating. There is also a premium grade, U.S. Fancy. But the first mentioned grade insures the purchaser that the fruit has been packed and shipped according to certain specifications and is a suitable quality for eating and preserving.

The shopper herself must judge how well the merchant has cared for the grapes. She must watch for bruised or overripe ones. And when buying ungraded grapes she must watch for those which have been picked at an immature stage or which are in very small bunches.

The woman who has grapes on hand to put up for next winter may make jelly, jam, conserve, butter, or juice. Grape butter, jam, and conserve are all made from fully ripe fruit and make use of the skin of the grape. Since the skin of the Concord is a good source of iron and the whole grape is only a fair source of this mineral it is well to use the skins whenever possible.

Following is a recipe for conserve in which special precautions are taken to keep the skin from becoming tough from overcooking.

#### GRAPE CONSERVE

Wash and drain slip-skin grapes such as Concord. Remove grapes from stems. To 4 pounds of the prepared grapes allow 2 pounds of sugar, 1 cup of seedless raisins, 1 orange, 1 cup of nut meats, and 1 teaspoon of salt.

Slip the skins from the grapes and keep them separate from the pulp. Peel the orange and discard the seeds. Chop the orange pulp and peel fine. Also chop the nuts fine.



Boil the grape pulp, stirring constantly, for about 10 minutes, or until the seeds show. Press through a sieve to remove the seeds. To the grape pulp add the sugar, the raisins, the orange, and the salt. Boil rapidly, stirring to prevent scorching, until the mixture begins to thicken. Add the grape skins and boil for 10 minutes longer or until somewhat thick. Stir in chopped nuts, pour at once into hot sterilized jelly glasses or glass jars and seal.

Every good cook has in her repertoire at least one recipe for grape jelly. She knows that slightly underripe grapes have the acid and pectin content essential to good jelly. But sometimes, in spite of her skill and experience, she gets a gritty crystalline formation in her jelly.

These cream of tartar crystals, which form in the juice of cultivated grapes, are harmless but they detract from the appearance and quality of the jelly. The simplest way of eliminating them is to allow the juice to stand overnight. Then the next day, the juice may be siphoned off or strained from the crystals and the sediment, and made into jelly.

An appealingly different way to make use of Concord grapes in season is to put them in a tapioca pudding. Following is the recipe.

#### GRAPE TAPIOCA PUDDING

1 quart stemmed Concord grapes	1/4 cup quick-cooking tapioca
1 cup water	1/4 teaspoon salt
1 cup sugar	1 tablespoon lemon juice

Cook the grapes and water for about 5 minutes and press through a sieve to remove the skins and seeds. Add the sugar, tapioca, and salt to the grape juice and pulp and cook for 25 minutes in a double boiler. Add the lemon juice, and let the pudding stand until cold. Serve with top milk or cream.



# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
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WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### SCHOOL LUNCH DAYS ARE HERE AGAIN

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School lunches aren't what they used to be -- they're better. They're more appetizing, more thoughtfully planned, better balanced as to food values.

Each year fewer tin pails of hastily packed food go down winter roads to the little red schoolhouse. The hot lunch prepared on the school premises is supplanting the cold, carried lunch. And as the hot lunch project spreads to one school after another and from community to community, the children show a rising curve in grades for classroom work, daily school attendance, and gains in height, weight, and general health.

The Works Progress Administration reports one million undernourished children benefitted by its school lunch program during the last year and a half. Boards of education sponsored this project in their districts, and parent-teacher associations and civic organizations gave it their active support.

In many rural communities the cooperative extension service acting under local leaders has assumed responsibility for providing children who come from out-lying farms, a hot midday meal at the schoolhouse. Extension work reports for 1936 show a total of nearly 600,000 children who participated in hot school lunches. In some places 4-H club girls of teen age organized, cooked, and served the lunch with only a little adult supervision and help. A few rural school officials slow





to catch the point at first responded whole heartedly once it was pointed out that just as they give the chickens a hot mash at noon in cold weather and warm the milk for the calf at each feeding, so children need a warm, appetizing, well-balanced noon meal each day of the school week to help them reach their optimum in physical and mental development.

To aid leaders of school lunch projects where funds are limited and equipment must be of the simplest, the Bureau of Home Economics has prepared three weeks' menus and accompanying recipes to serve 50 children. The school lunch menu of course needs to dovetail smoothly into the home bill-of-fare so that the child's diet as a whole provides him with the right amount of protein, minerals, vitamins, and calories. In some schools the lunchroom leaders urge children to take the menu home so their mothers can plan other meals in harmony with the week's schedule.

Each of the weekly menus suggested by the home economists and built on the five school days as the unit, follows this general pattern:

First, for the hearty hot dish: once a week eggs in some form, creamed, scrambled, or combined with cheese, rice, or vegetables. On the other days a meat or fish and vegetable chowder or stew; or dried beans or peas in appetizing form; or a substantial milk soup.

Twice each week tomatoes come into the menu, for their good flavor and color and their high vitamin value.

Milk is always present, as milk to drink and doubling some days as one of the chief ingredients in soup, sauce, or hot beverage.

Fruit likewise appears daily as the dessert, now and then plus a cookie. The emphasis, however, is on the fruit, whatever is fresh and seasonable. Local merchants often cooperate with school lunch managers in quoting wholesale prices





on oranges by crate or bushel. Local communities band together and can fruit and vegetables for the school pantry, thus utilizing surplus products from home gardens and orchards. The bumper crop of apples this year assures a winter-long supply of school lunch use East and West.

In communities where market milk is too expensive to use freely in the school lunchroom or where quality is questionable, canned evaporated milk or dried skim milk have been found a good substitute.

Once scant cupful of dried skim milk diluted with  $3\frac{3}{4}$  cups of water equals about 1 quart of fresh skim milk in solids. Used with  $1\frac{1}{2}$  ounces of butter the food value is about equivalent to a quart of whole fresh milk.

The dried skim milk in powdered form can also be mixed with potatoes as they are mashed or sifted with the other dry ingredients in making bread, cookies, and baked goods. Used in a more-than-fluid-milk ratio, it supplies to children more of the calcium they need for building of bones and teeth without adding to the bulk of the meal.

Children with small stomach capacity find it difficult sometimes to take all the milk they need in fluid form and yet have room for the fruits, vegetables, and other foods needed to round out their diet. These concentrated forms of milk are therefore a convenience on the school pantry shelf and may be the means of fortifying the diet with food substances in which it tends to be on the low side.

Homogenized milk is another recent development in the milk supply for school children. A study of the near-empty milk bottles left by school children after they had drunk their milk through straws, showed that the half inch or so left in the bottom sometimes contained a sixth of the milk fat from the whole bottle. By failing to shake the bottle and merely inserting the straw and beginning to drink from the bottom, the cream remained on top and was left to be thrown away.



Since the vitamin A of milk is associated with the fat, waste of cream means waste of a food element that plays a conspicuous part in the growth and well being of young children. Modern dairies are now putting their milk through a homogenizer that divides the fat globules into such fine particles and mixes them so thoroughly through the milk that they can not rise to the top as cream.

Where homogenized milk is not available, those in charge of the school lunch can at least take precautions to see that the cream is well mixed with the rest of the milk, so that every child will get all the food value that is coming to him.

For use in nursery school groups the home economics specialists of the U. S. Department of Agriculture have also worked up sample menus for a two-week's period. These two sets of school lunch menus for the very young and for older children are printed as Miscellaneous Publication 246: "Menus and Recipes for Lunches at School".

A copy of this pamphlet may be obtained by any teacher, school lunch manager or parent-teacher group from the U. S. Department of Agriculture, Washington, D.C. Begun as an emergency measure, many communities are planning to make the hot school lunch a permanent institution.

The first part of the paper discusses the importance of the study of the history of the United States. It is pointed out that the study of history is not only a means of understanding the past, but also a means of understanding the present and the future. The author argues that the study of history is essential for the development of a nation and for the progress of the world.

The second part of the paper discusses the role of the individual in the history of the United States. It is pointed out that the actions of individuals have shaped the course of history and that the study of history is a means of understanding the role of the individual. The author argues that the study of history is essential for the development of a nation and for the progress of the world.

# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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WASHINGTON, D.C.

RELEASE FOR PUBLICATION  
SEPTEMBER 29, 1937 (WEDNESDAY)

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### USING THE HONEY CROP

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Nectar from the flowers--that's the romantic food on which the beautiful storybook fairies exist. Ordinary mortals have the same food in different form when they eat honey. The efforts of the busy honey bee transform this nectar into a sweet food that human beings can eat and enjoy.

Those who like honey on their biscuits and griddle cakes will be interested to know that the Bureau of Agricultural Economics predicts that all the good honey this year will be out of the hands of the beekeepers by Thanksgiving. This year's honey crop, they say, will be one of the lightest in recent years.

At least three-fourths of all the honey marketed in the United States is sold as extracted honey--that is, honey separated from the comb by centrifugal force and sold in liquid form. The other two principal marketing forms of honey are section comb and bulk comb. Section comb honey is that sold in the small wooden frames weighing nearly a pound just as they are taken from the beehives. Bulk comb honey consists of pieces of the comb removed from shallow frames, put in glass jars or tin pails, with extracted honey poured over these chunks of comb.

For each form of honey the United States Department of Agriculture has set up standards for grading. Whatever the form of the honey the two top grades are U.S. Fancy and U.S. No.1. Since the use of these grades is optional with the





beekeeper it is not always possible to purchase graded honey, but all honey, graded or ungraded, that enters into interstate commerce is required by law to come up to definite standards of purity.

In no way does the color of the honey affect its grade. Both color and flavor depend upon the kind of flowers from which the bees gathered the nectar to make the honey. As a rule the lightest colored honeys are the milder ones and the darker ones have a stronger flavor. But this does not indicate that either the light or the dark honey is of superior quality.

The color and flavor of honey a person prefers is usually the kind he became accustomed to as a child. Persons who have grown up in regions where buckwheat honey was abundant usually prefer honey with that dark color and pronounced flavor. Others, who grew up in clover regions, choose the lighter, milder flavored honey.

Honey should be kept in a tightly sealed container in a dry place at ordinary room temperature. As the honey gets older it usually crystallizes. This crystallization is a natural process and some persons like honey best in this form. If you want to bring the honey back to the liquid form, however, it is only necessary to warm the container in moderately hot water. The temperature of the water should not rise above 140 degrees Fahrenheit or the honey will change color and it will lose some of the aromatic substances which give it flavor.

There are numerous uses for honey--cooked and uncooked. Nearly everyone likes it as a spread for bread, biscuits, griddle cakes, and waffles. Many persons choose it as a sweetener for fruits, beverages, and cereals. It combines well with peanut butter or cottage cheese or chopped dried fruits to make sandwich fillings.

Honey butter, which is a combination of equal parts honey and butter creamed together, is a good filling for sandwiches or a spread for griddle cakes. It may be elaborated by adding nuts or grated orange peel.



Honey ice cream sundae is a delectable dish with a simple recipe. Just put a spoonful of honey on vanilla ice cream and top with nuts.

To substitute honey for sugar in cinnamon toast, candied vegetables, baked apples, and pies is a simple matter. In these cases it is only necessary to use the amount of honey which gives the degree of sweetness you want. But it is necessary to take special precautions when substituting honey for sugar in cakes, candies, and quick breads.

Although cup for cup, honey and sugar are about equal in sweetness they cannot be substituted for each other measure for measure. Both are energy-producing foods with a sweet taste. But extracted honey is one-fifth water whereas granulated sugar is practically pure carbohydrate.

Cane sugar, chemically speaking, is composed of one sugar--sucrose. Honey contains sucrose and two other sugars--levulose and dextrose. Sucrose makes up only a small proportion of the honey. The dextrose and the levulose are known as simple sugars. Of these two, the levulose has certain peculiarities which complicate the use of honey in cooking.

Levulose is sweeter than dextrose or sucrose. It does not crystallize so quickly as do other sugars, and unlike these other sugars it has the hygroscopic property--that is the ability to absorb and retain moisture. In some food products this power of levulose to retain moisture is desirable. Fruit cakes, steamed puddings, moist candies, for instance, stay moist longer when made with honey.

Recipes that have been scientifically worked out with honey as an ingredient cause the cook no trouble if she follows directions carefully. But when the cake baker has a favorite recipe of her own in which she wants to substitute honey, then she has this problem. In just what proportion should she substitute honey for sugar and in what proportion should she reduce the liquid in the recipe?

To take the guesswork out of this substitution of honey for sugar in cakes



and quick breads, experts in the Bureau of Home Economics have experimented with honey recipes. Finally, from their experimental results they have formulated a rule. This rule has been tested thoroughly in practical circumstances.

This is the rule. When medium thick honey is substituted for one-half of the sugar in a cake or a quick bread recipe, reduce the liquid one-fourth. If honey is substituted for all the sugar, reduce the liquid one-half.

Here's a recipe for white cake in which the substitution has been made. For one-half the sugar, honey has been substituted and the milk which was originally 1 cup has been reduced to  $\frac{3}{4}$  of a cup.

#### Honey White Cake

$\frac{3}{4}$ cup butter	3 cups flour
$\frac{3}{4}$ cup sugar	4 teaspoons baking powder
$\frac{3}{4}$ cup honey	$\frac{1}{2}$ teaspoon salt
5 egg whites	$\frac{3}{4}$ cup milk

Cream the butter until soft; add the finely granulated sugar, stirring gradually until the mixture is light and fluffy. Combine the honey with the milk. Add this mixture alternately with the sifted dry ingredients. Beat in the dry ingredients, stir in the milk. Last of all fold in the beaten egg whites. Pour into a lightly greased pan and bake. Bake in a very moderate oven (325 degrees Fahrenheit).

All cakes and quick breads made with honey need to be baked at a moderate temperature. This fairly low oven temperature is necessary to avoid too rapid browning of the cake. Also a very hot oven drives off the aromatic oils in the honey which give it distinctive flavor.

